



Kitchen Declutter Checklist

Clear the clutter & create an organized kitchen

COUNTERTOPS

- Clear all items off the counters
- Sort: keep, relocate, **toss**
 - Declutter duplicate utensils, old spices, etc.
- Designate “**home**” for items you keep
 - Limit “one or two” to easy-access
- Clear & wipe counters

FRIDGE & FREEZER

- Check for expired/old food
- Group similar foods together
 - Use clear bins or drawers
- Keep healthy snacks at eye level
- Label bins
 - Categorize by dairy, snacks, fruit, etc.

PANTRY

- Decant or donate half-empty bags
- Consolidate similar items
 - Rice, pasta, snacks, baking goods, etc.
- Fill clear bins with healthy, visible snacks
- Label bins

NOTES:

